

Breakfast Meal Pattern 2015-2016					
6-Day Week	Grades K-5	Grades 6-8	Overlapping Grades K-8	Grades 9-12	Overlapping Grades K-12
Fruits or Vegetables a,b,c	1 cup daily (6 cups weekly) required for all age-grade groups				
Grains d,e	≥ 8.5 oz eq week 1 oz eq daily	≥ 9.5 oz eq week 1 oz eq daily	≥ 9.5 oz eq week 1oz eq daily	≥ 11 oz eq week 1 oz eq daily	≥ 11 oz eq week 1 oz eq daily
	Recommended Target Maximum for Grains: 12 oz eq per week for all age-grade groups				
Meats/Meat Alternates e	0 oz eq required daily Note: There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate an as extra food and not credit towards any component.				
Fluid milk f	1 cup daily (6 cups weekly) required for all age-grade groups				
Other Specifications: Daily Amount Based on the Average for a 6-Day Week					
Min-max calories (kcal) g	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories)	< 10	< 10	<10	< 10	< 10
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.				
Sodium h	≤ 540 mg	≤ 600 mg	≤ 540 mg	≤ 640 mg	≤ 540 mg

^a Minimum creditable serving for fruits and vegetables is 1/8 cup.

^b One quarter-cup of dried fruit counts as 1/2 cup of fruit. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^c One cup of leafy greens counts as 1/2 cup of vegetables.

^d All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.

^e Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).

^f Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^g The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^h Sodium Target 1 is effective July 1, 2014. Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022, and intermediate sodium specifications are established for SY 2017-2018. For future sodium specifications, see § 220.8(f)(3) for breakfast